

Media Release



FOR IMMEDIATE RELEASE

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Food Revolution Day: Cook it. Share it. Live it.

Today, student Food Ambassadors at seven city high schools hosted Food Revolution Day events to celebrate food, and encourage people to think about what's in our food, where it comes from, and why it's worth getting excited about! The events featured students engaging their peers in activities such as taste tests, fresh salad bars, and sharing of local or made-from-scratch foods, as well as sharing food-related knowledge through information booths, demonstrations, and movie showings. A common theme amongst all the school celebrations was getting students to be a part of making their own food with a focus on "real" good food.

"The Food Ambassadors from high schools across Thunder Bay met over the past few months to share ideas about what we feel "real" food is and to brainstorm how we could effectively communicate this information and promote it to our peers," says Julianna Boyle, Westgate C&VI Food Ambassador. "Here at Westgate, the three foods classes then collaborated to create displays and food samples that we made from scratch in our school cooking labs, and we are sharing this with the whole school today" added fellow Food Ambassador, Maryanna Khnanisho.

Food Revolution Day is a global day of action for people to take a stand for good food and essential cooking skills. It's a chance for people to come together within their homes, schools, workplaces and communities to cook and share their kitchen skills, food knowledge and resources. Food Revolution Day aims to raise awareness about the importance of good food and better food education for everyone by focusing on three simple actions – cook it, share it, live it.

In Thunder Bay, the celebration of Food Revolution Day is a coordinated effort between secondary schools including:

- École secondaire de La Vérendrye
- Hammarskjold High School
- Sir Winston Churchill Collegiate and Vocational Institute
- St. Ignatius High School
- St. Patrick High School
- Superior Collegiate and Vocational Institute
- Westgate Collegiate and Vocational Institute

The Food Ambassador program is part of the larger initiative of Healthy Eating Makes the Grade, which is a partnership between Thunder Bay school boards, health-focused organizations, teachers, students, parents, and city officials. The goal of this partnership is to improve student health by increasing access to healthier food options in and around schools in Thunder Bay.

For more information on the global scope of *Food Revolution Day*, visit www.foodrevolutionday.com or for **Healthy Eating Makes the Grade** information, go to www.wikitbhemg.wikispaces.com .